

# Surprise of the Week: Gilbert Says 'Flu' Season Has Arrived

By ROY O. GILBERT, M.D., County Health Officer  
 Despite Southern California's mild winter climate, at this time of the year respiratory ailments of various and sundry kinds, particularly influenza and influenza-like illnesses, show a sharp increase over normal occurrence. Although not serious in most cases, these disorders may nevertheless give rise to dangerous complications in certain groups of individuals.

At present there are no indications that an influenza epidemic, such as occurred in the first quarter of 1960, is in the making. But, even so, reports of absenteeism from work and school because of colds and the "flu" make it apparent that the season of respiratory disorders is now well under way.

SUDDEN illness with fever, headache, chills or chilliness, generalized aches and pains, weakness, cough and sore throat are among the characteristic symptoms of influenza.

The disorder is self-limited as a rule, and, although the illness may last about a week in some cases, the individual is usually better in two or three days.

There are certain groups of people, however, that are more susceptible than others to virus infections such as influenza and are also more likely to develop complications should the disease occur. These high risk groups include those persons of all ages suffering from

chronic illness — particularly heart, lung and renal disorders, certain forms of diabetes, and Addison's disease, and also very young infants, persons over 65 years of age, and pregnant women. It is among patients in these categories that the highest mortality rates occur.

SINCE THERE is a vaccine available that affords protection against the important known strains of influenza,

every person in these high risk groups should be immunized against disease. Indeed, inoculation of these individuals should be routine. After the initial two doses, a booster dose should be given each year in order to maintain a high level of protection.

Immunization may also be recommended for all individuals engaged in essential industries and public service as insurance against influenza-induced absenteeism. Community-wide mass immunization programs are not recommended at this time, as it takes at least two months for the vaccine to develop its maximum effect.

BY THAT TIME, the season favorable to influenza and other respiratory disorders will be in the past.

Influenza or influenza-like illnesses are seldom serious in the absence of the conditions already mentioned. In the normally healthy person, there is little to be done in the way of specific treatment for influenza other than to rest in bed, drink plenty of fluids, and avoid fatigue in order to help nature prevent complications.

If symptoms persist, however, or should pain in the chest or shortness of breath develop, medical attention should be obtained without delay.

# Qualities of Christian Youth Leaders Outlined at Convention

The greatest quality of Christian youth leader can have is that of adaptability a convention of Seventh-day Adventist youth leaders from Los Angeles, Santa Barbara and Ventura counties in Catalina have been told.

"IN A WORLD in which time has literally collapsed, the Christian gospel is still constant and basic to all human need," John F. Knipschild, Glendale, education director of the Southern California Conference of Seventh-day Adventists, told the more than 200 delegates to the convention Saturday at 11 a.m. worship services.

"For those who are Christian leaders the constancy and basicness of the gospel is a great challenge, a challenge to apply its permanency to today's instability."

on earth in this century," he said. "If those who called themselves Christians had lived atonically for God in the past He would have returned to this earth long before our time."

"But we are here and the challenge for us to live in truth before God is our challenge. Will the generation that comes after us one day preach the same sermon we are preaching today, that their parents did not live truly Christian lives?"

CITING unprecedented advances in many areas of human endeavor, Mr. Knipschild said that while "mankind is spending billions to send a man to the moon, the Christian familiar with the promises of God knows that man need not spend one penny to go far beyond the moon."

"This concept is based upon the clear promises of God," he said, "and such promises have always proven truthful in the past."

"YOUTH leaders," Knipschild said, "must be alert to the application of Christianity in the modern setting. To be successful this application certainly doesn't come by antiquated thinking, but by a careful analysis of the needs in a given community or situation."

"These needs may vary tremendously in different communities, in different situations," the church leader stated. "The greatest quality of leadership in the Christian cause today is the quality of adaptability."

THE CHURCH official told delegates to the convention that they have at their command, through Christ-like living, more power than the megaton which measures explosive energy of the hydrogen bomb.

"It is your responsibility to harness this energy into Christ-like living and leadership of the young people whose futures are entrusted, at least in part, to your hands."

The convention continues through 3:30 this afternoon. Delegates will return to Pierpoint Landing, Long Beach, on the MS Magic Isle at that time.

SPEAKING ON "The Collapse of Time," Knipschild declared that people today are living in an "extra" century. "We had no right to be born



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 Trend, 12-oz. Ctn. **LIQUID** 2 for **59c**



ARTHUR C. MOON Here Next Week

# God's Healing Power Topic of Sunday Lecture

Mankind's need for a better understanding of God's healing power will be brought out in a lecture on Christian Science to be delivered in Torrance next Sunday afternoon, Jan. 22, by Albert Clinton Moon of Chicago.

Open to the public without charge, the lecture will be sponsored by members of First Church of Christ, Scientist. Mr. Moon, a member of the Christian Science Board of Lectureship, will speak in the church edifice at 3 p.m. His subject will be "Christian Science: The Healing Knowledge of True Cause and Effect."

A native of Lorain, Ohio, he withdrew from business in 1933 to devote his full time to the public practice of Christian Science healing. Since 1943 he has been an authorized teacher of Christian Science.

# Births

## TORRANCE MEMORIAL HOSPITAL

- FRITZEN—Mr. and Mrs. Lawrence V. 2728 Loftyview Drive, a son, Lawrence V. Jr., Dec. 24.
- McDONALD—Mr. and Mrs. Russell G. 2100 Vanderbilt Lane, a son, Christopher Russell, Dec. 27.
- HARDWICK—Mr. and Mrs. James, 238 W. 225th Place, a son, Randall Wayne, Dec. 28.
- MITCHELL—Mr. and Mrs. John, 1008 W. 208th St., a son, Johnny Ray, Dec. 28.
- JACKSON—Dr. and Mrs. Robert C. 3441 Tanglewood Lane, a daughter, Jamie Joan, Dec. 28.
- CARVALHO—Mr. and Mrs. Benjamin, 2129 Dolores St., a daughter, Lorraine Margaret, Dec. 28.
- VANDERPOOL—Mr. and Mrs. Peter, 1715-25th St., a son, Derek Gill, Dec. 28.
- DAVIS—Mr. and Mrs. Lyle A. 302 E. 222nd St., a daughter, Tina Kaylene, Dec. 29.
- REYES—Mr. and Mrs. Silvano G., 2215 Cabrillo Ave., a daughter, Priscilla Annette, Dec. 29.
- JAMES—Mr. and Mrs. Michael, 1543 W. 24th St., a son, Michael L., Dec. 29.
- CHRISTIAN—Mr. and Mrs. Donald, 19023 Donora Ave., a son, Donald Paul, Dec. 30.
- MEYER—Mr. and Mrs. Donald G., 25223 Moneta, a son, Donald Paul, Dec. 31.
- LAWLER—Mr. and Mrs. John, 1117 Fiat St., a son, David Allen, Dec. 31.
- MAURITZ—Mr. and Mrs. Craig, 1027 Tori Ave., a daughter, Kimberly Ann, Jan. 1.
- GIBBS—Mr. and Mrs. James R., 1647 Plaza Del Amo, a son, Craig Steven, Jan. 1.
- ALLISON—Mr. and Mrs. Lloyd L., 20714 Shearer Ave., a daughter, Patsy Mae, Jan. 1.
- STACK—Mr. and Mrs. Paul Jerome, 820 Maple Ave., a daughter, Vicki Lynn, Jan. 1.
- JONES—Mr. and Mrs. Warren, 25430 Pellos Ave., a son, Jon Scott, Jan. 1.
- ROBERTS—Mr. and Mrs. A. G., 2104 Santa Anita Ave., a son, Dean Stanley, Dec. 4.

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